

GIBSON NONFERMENTIVE
D I E T C U R E

DR. AXEL EMIL GIBSON

BEAUMONT, CALIFORNIA

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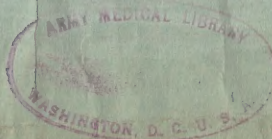
PART I

MAN'S RELATION TO DISEASE

1. Is Disease a Mistake of Man or Nature?
2. Can Man Be Made His Own Keeper?
3. It Is Only Ignorance of His Own Self That Keeps Man in Medical Dependence.
4. Samples of Diet to Be Avoided.
5. An Epitaph to Ice Cream.
6. "Near-foods" in Diet.
7. The Role of Electricity and Magnetism in Diet.

Note:

Part II will deal with
Man's Relation to Health.



CAT. BY L. C. D.

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PART I.MAN'S RELATION TO DISEASE

1.

IS DISEASE A MISTAKE OF MAN OR NATURE?

The two principles which form a fundamental basis for the continuation of every existence on this planet is:

Firstly in the natural condition in every individual for self-sustained health, and

Secondly, when in case of accident, or in the breaking of of vital laws, the individual loses his health, the only sane and normal attitude of the physician is to treat the man, not his disease.

For disease is a condition brought about by some obstruction in the vital exchanges of the human organism, and will disappear when the obstruction is removed.

Incinerators and Sewers of the Body

Thus fever throws the body, or part of the body, into the condition of an incinerator in which nature burns up the very obstructions that caused the disease; while tumors are physiological garbage cans in which is stored away such waste-matter that won't burn.

On the other hand in such conditions as eruptions of the skin, ulcers, boils, running sores etc, we find the sewerage of bodily corruption oozing out through the leakages of bursted sewers, and breaking out along the lines of least resistance. On the same general principles tonsillitis gives us the clinical picture of a gland with its cells clogged up by an overcharge of impurities swept into it

from the interior by the blood stream.

Finally, to refer to another mostly considered to be a very grave condition -- what is called

High Blood Pressure

is the wise effort of the balancing agencies of nature to flush the clogged-up capillaries of the blood vessels, employing the same method as the gardener, who by diminishing the nozzle of his sprinkling hose is able to multiply the reach and sweeping force of the water stream.

2.

CAN MAN BE MADE HIS OWN KEEPER?

If there is one fact in human life more important for the individual to recognize than any other, it is the fact that disease, no matter its seeming power, is not a thing in itself, but the mere disturbance of vital balance in the functioning of the human organization. And as this disturbance has its sole cause and origin in the individual's own management of himself, in his failure to obey the principles of health and life, it is readily seen that man himself makes his diseases possible.

Vital Bankruptcy from Squandered Health.

"Not what I have," said Thomas Carlyle, "but what I do is my kingdom." The value of the individual is not in what he possesses in life, health and strength, but in the use he makes of these possessions. He may squander his ~~physixix~~ physiological reserve forces like a spendthrift squanders his bank account, and arrive at his middle or mature age in state of vital bankruptcy.

More yet the individual's life is not really a possession, but

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rather a trust offered him to safeguard and improve. Hence his responsibility with regard to life is twofold:

To himself in terms of health;

And to that unseen intelligence which provides us with ways, means and power for successful and worthy living.

The Game of Life

can be controlled by an intelligent application to its movement by a recognition of the simple rule that what is not for me is against me.

That means to say that the individual has at his disposal an infallible guide to health --

Firstly, in the prompt recognition of what he finds to be good for him; and

Secondly, in an equally prompt refusal of what he finds to be hurtful to him.

For his obedience to vital laws the individual has a key that unlocks every problem of life, removed every obstruction to health, and performs every miracle of physical reconstruction.

3.

IT IS ONLY IGNORANCE OF HIS OWN SELF THAT
KEEPS MAN IN MEDICAL DEPENDENCE.

As soon as man recognizes the sovereignty of his own intelligence in regard to matters of health and disease, will he find the courage to live his own life in utter independence of medical authority. And this intelligence will come to him by a careful and absolutely conscientious study of the elements known as foods, which he allows to enter into his vital composition.

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And this means diet: the science of food, and the art of eating.

It means for the individual to form a clear and unbiassed judgement as to the complexities and possibilities of modern public cooking--the significance of its digestive appeals, the safety of its unprincipled combinations, and the imperative necessity of moral power of the will to control the demands of a false (because overstimulated) appetite.

Right Fuels for Human Furnace.

Looked at from a purely physical angle it is readily seen that it is no less important for an organism to get the right kind of fuel for the maintenance of its fires of life, than for the furnace of our engines of industry to get the proper fuel for an adequate up-keep of their fires of combustion.

4.

SAMPLES OF DIET TO BE AVOIDED.

The foods, or would-be foods, that are most responsible for the development of the morbid processes that lead to sickness and premature old age have their basis IN A COMBINATION OF SUGAR, CREAM, GREASE AND PASTRY SIFTED FLOUR. Fruit itself, notwithstanding its high integral value to the human system, when taken in combination with a regular meal, may cause the whole repast to pass into a mass of reeking fermentation. The highly oxydized fruit with its short wave lengths of vibration brings about serious disturbances in the digestive rhythm.

In other words, a rhythm set to a three- or four-hour digestion--as required by a meal made up of starches and proteins--finds itself

interrupted by the introduction of fruit -- a food that requires only 65 minutes to accomplish the purpose of its digestion.

The American Breakfast in Court!

Back of most gastric and intestinal disturbance we find the familiar type of the average American breakfast: mush with milk, stewed fruit, jam or baked apple. egg or bacon with hot biscuit, followed by waffles and syrup and indispensable ~~without~~ cup of coffee with cream and sugar.

In this picture of culinary extravagance is no exaggeration. Nor is there any exaggeration in the clinical picture which is developed in terms of reeking fermentation taking place in the stomach as a reaction from the incompatible food mixtures breaking down in the overcharged digestive field. For place of ~~combustion~~ combusting into the vital glow of successful oxydation, the mass becomes inert and decomposes into bacterial acidity. IT IS AS IF A MIXTURE OF ANTHRACITE COAL, ROTTEN WOOD, PAPER, SANDSTON AND GUN-POWDER WERE THROWN IN AT RANDOM INTO OUR HOUSE FURNACE! In place of a warming fire, we would experience explosions, followed by a smothered ignition and a suffocating smoke.

5.

AN EPIGRAPH TO ICE CREAM.

A decomposition product of disintegrating milk, the output of cream is in itself an indisputable process of decomposition.

Yet though as such an abnormal and unsafe object of diet, its substance becomes an absolute menace to health and life, when sugared

and frozen into the condition known as ice cream.

Turns to Reeking Microbe Cultures.

It is generally known that substances which quickly ferment, such as milk, cream, fruit, eggs, etc., break down structurally at the direct and penetrating exposure to frost. And it is an equally well known fact that any living structure ceases to live when touched by frost.

To this universal rule cream offers no exception. When entering the digestive field the ice cream is to all intents and purposes a corpse. As the temperature of the body melts the frozen mass, it is promptly attacked by bacteria. The gastric field is turned into reeking microbe culture.

In other words, like the frozen glaciers of geologic time, when melting down under the heat of a lowered altitude, deliver their age-long preserves of prehistoric animals into the dissolving process of elemental breakdown, so the ice cream, melting in the temperature of the stomach, sets free the carcasses of the frozen cream cells to lay them open to the festering swarms of attacking bacteria.

The increase of body weight which may follow an excessive indulgence in ice cream is not normal, or due to increase of muscle structure, but a mere fatty degeneracy due to the failure of an over-taxed liver to remove the accumulating unoxidized fats from the system.

Dangerfoods!

While the freezing of the cream increases the danger to digestion, yet even when unfrozen, cream and to some extent milk may be classed

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as "dangerfoods".

Not an Adult Food.

Thus it has been proven that the inhabitants of the Highlands of Switzerland, New Zealand, Scandinavia and France, where dairy products with their rich ~~milkxant~~ creamy milk constitute the main staples of foods, goitres and boils are markedly prevalent.

And this because of the fact that milk is not an adult food, but is a mere passing expediency until the time the infant evolves teeth for independent mastication and a stomach for independent digestion.

The milk is predigested by the mother and is infused into the infant's mouth directly from the mother's own body. The suckling, though anatomically separated from its mother, is still physiologically a part of her and continues to feed on her substance. In other words, the infant, having no stomach or digestive powers of its own, has its food digested by the mother, and absorbs it directly, through the lactile glands of its intestinal canal, ready made and fixed for filtration and final assimilation.

Being thus already digested in the stomach of the mother, a second digestion in the stomach of an adult and again being subjected to the chemical action of hydrochloric acid and pepsin, perverts the integrity of this delicate, vitally sensitive fluid, into a chemical nondescript, a pathologic mass, which unless handled by a high-powered gastric nerve-control, will pass into bacterial decomposition with gas and other gastric disturbances.

Milk For Second Childhood!

Finally, though we have "authoritative" statements that milk is "the perfect food", "nature's own nourishment", the fact remains

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that the North American Indians, without access to any dairy products, had perfect children, to whom tonsilear surgery and goitre were not experienced -- as compared with the 65% of the school children of Los Angeles that were compelled to undergo surgery for tonsilitis and adenoids.

The only case where the adult is justified to indulge in milk is where his stomach has become too demoralized and devitalized to digest solid food-stuffs and therefore is compelled to return to the physiological dependency and digestive inadequacy of infant nourishment. The same expediency may apply to old age with its loss of teeth and digestive nerve power.

But in each case it means a sign of return to the state of physiological infancy.

6.

"HAR-FOODS" IN DIET.

Coffee, tea, or chocolate should be used with great caution whenever there is any affliction in the liver or kidneys. They are stimulants and add no tissue or energy to human life. On the other hand they contain alkaloidal substances which act as slow poisons on the system.

With the exception of hard toast in which the starch of the bread is dextrinated and rendered non-fermentive no grain or starch-bearing vegetables or tubers should ever be used with fruit. The ideal breakfast is the one made up of fruit and nuts, though the habit of depending on bread or cereal for the main basis of the meal



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makes it difficult in most cases to remove these elements in entirety from the meal. In cases of severe gastric or ~~xxx~~ intestinal catarrh, every form of cereal or breadstuff must be eliminated from ~~any~~ fruit meal.

Bran Not for Sensitive Stomachs.

Nor should coarse bread such as bran, graham, cracked wheat or any form of artificially coarsened cereal be used by anyone suffering from dyspepsia or abnormal sensitiveness in the digestive tract. The covering or the hull of the grain by the very strength of its virtue of the power to ~~xxxxxxxx~~ protect the grain from any outside attack of enemies like vermin, bugs, insects, atmospheric miasma etc. is fortified against any attack of the stomach cells to digest it.

It is furthermore this indigestibility of the bran that lies back of its power to act upon the bowels as an induced peristalsis. The irritation on the bowel of these sharp cutting angular bran splinters has the same effect upon the bowel as a whip upon a lame horse.

Hence it is far from adding power and vitality to the peristaltic motors; the bran saps and weakens it. And furthermore the combined action of irritation and indigestibility of the bran gradually leads to abnormal sensitiveness over the digestive tract, gas distention, catarrh and interior ulcerations.

7.

THE RULE OF ELECTRICITY AND BASE LIME IN DIET.

Being electric in their nature, raw vegetables should not be used in combination with a cooked -- i.e. a depolarized -- meal.

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-----Tubers and Root Vegetable Combinations.

Especially is this the case with tubers and pulses, and root vegetables in general, such as carrots, turnips, root onions, rutabegas, parsnips, etc. These must be taken singly and combined with some top or leaf vegetable to maintain the balance of negative and positive polarity, as represented by the plants that grow above or below the ground, of which the former are magnetic and the latter electric.

This a combination of an electrically charged vegetable such as the onion with another similarly charged vegetable such as the turnip, or of the carrot with a beet -- if raw -- are sure to lead to gastric fermentation with digestive disturbance.

Hence as safe combinations for salads one root vegetable and two leaf vegetables are recommended. And the combinations which follow later in the dietetic program are reliable patterns for the housekeeper.

END OF PART I

Part I has been devoted mainly to engineering foundation-building. Part II will deal with constructive HEALTH-BUILDING. Read again all of Part I carefully, that its principles may be firmly realized and the student reaches anxiously to the radiant life as pointed out in the second part:

MAN'S RELATION TO HEALTH

Radiant health is normal; but it requires its price in knowledge and will.

C.I.S.I.O.N...NONP.A.R.A.M.E.T.R.I.V.E

P...I...S...T C...U...R...S

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PART II

MAN'S RELATION TO NATURE

1. The Physical Culture Program

2. The Dietetic Program

Before Breakfast

Lunches

Supper

Remarks

3. Standard Foods

Safe to All if Properly Combined

Foods to be used with Discretion and Guidance

Danger Foods

Combinations to Be Avoided

Dental Precautions

Desamont, California.

PART IIMAN'S RELATION TO HEALTH.AGENCIES OF HEALTH AND POWER

1.

THE PHYSICAL CULTURE PROGRAM

Rising from the bed the moment of returning consciousness, proceed at once to the bath room and immerse in a tub of blood-warm water during the lapse of five minutes. Rub down briskly with a coarse towel, followed by a friction head massage. Then stand before an open window, and rotate the arms at right angles to the shoulders in measured relations to the breath. Each inhalation should extend through seven armstrokes and each exhalation extend through five. Divide in a series of five complete movements with a pause of two minutes between each cycle.

This should be followed by three minutes Delsarte movements -- the walking on hands and feet about the room. Another two or three minutes should be given to a general tensing movement of the entire body, by a compression of every muscle under the short but forceful effort of the will. Finally the hips may be made to constitute a fulcrum or pivot upon which the body is allowed to swing forwards and backwards to the full extent of its muscular capacity. The entire extent of the exercises should not extend over 15 minutes.

A half hour's brisk ride over the country roads, is of invaluable

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benefit to every health seeker, ~~although~~ also sufferers from general nervousness or affliction of the liver. The rhythmic motion of the horse imparts measured and constructive vibrations to the body of the rider while the wholesome magnetic emanations from the animal act as a soothing, harmonizing current generating nerve power in the human organism.

The Three Outdoor Exercises

which more than any others bring out nervous poise and power in the individual are found in horseback riding, skating and golf and excursions in automobile/ should be preferred to any. As a substitute for golf,

Plain Walking on the Road

is of greatest benefit. To do full justice to nature's healing ministry, the three factors of

Free Air

Muscular Action

Purpose of movement

should be present.

2.

THE DIETETIC PROGRAM.

No meal should ever be indulged in before the system had time to gain physiologic poise and readiness for the digestive act by a five- or ten-minute complete relaxation. Every care and disturbance of personality should be removed from the mind. Worries, envies, domestic misunderstanding with its strained feelings and emotional disturbances should never be allowed inside the walls of the dining room.

No chemical poison can have a more more ruinous influence upon the power of digestion than a jealous, envious, fault-finding, scolding quarrelsome atmosphere hovering over the dining room table; while on the other hand no digestive pills or stomach tonics can be compared in efficiency with the twinkle in the eye, the smile on the lips, or caressing gesture of the hand. The secretions of digestion are under direct influence of the emotions of the mind.

Before Breakfast

take a cup of hot water in which has been put a mere pinch of Equisbbs Epson Salt (Magnesium Sulphate) for the purpose of neutralizing any fermentive or microbic acidity of the stomach.

As to the breakfast itself, select any of the following combinations:

NO. 1

Fresh, juicy, not-too-tart apple which should be grated on a hand grater. Season the pulp with two teaspoonfuls genuine olive oil. Can be enjoyed with one or two thin slices of stale or thoroughly toasted rye or whole wheat bread (not bran or graham bread), on which may be used a spread of nut or cow's butter.

In cold weather, or in out-of-door work, the patient may be allowed a choice of broiled bacon or a soft poached egg added to the apple sauce.

NO. 2

Fresh prunes or raisins, soaked over night and allowed to simmer a few minutes in the morning until soft and tender. Enjoyed with the same combination as the raw apple sauce.

NO. 3

cooked apple sauce followed by a slice of rye bread toast, with a spread of melted cheese.

NO. 4

oatmeal, cornmeal, rye meal, or rice well cooked. A good sized sliced-up onion and a bunch of parsley allowed to boil in with the mash. Served without cream or milk, though in cold weather a moderate amount of mild molasses may be enjoyed with it.

NO. 5

A pint of certified milk heated to body temperature, combined with one or two shredded wheat biscuits. The milk should be mixed with a tablespoonful of lime water. Agitation with an egg beater will add to its digestibility.

NO. 6

Pine apples with the liquid carefully drained off. No cereals of any form mix well with pineapples. Three large slices covered with an egg dressing constitutes a meal.

An appropriate dressing can be made by beating together the yolk of an egg and an equal volume of olive oil. The white should be beaten separately and then thoroughly whipped in with the yolk. Lastly turn in a teaspoonful of lemon juice, which brings the mass into the consistency of a thick creamy emulsion.

LUNCHEES -- (UNCOOKED)

No. 1.

Onions, soaked a few minutes in cold water, then drained and soaked in olive oil; combined with lettuce, parsley, crisp bacon, stale rye bread of shredded wheat biscuit.

No. 2.

Tomatoes sprinkled with salt and Mexican chile pepper, then drenched with olive oil. Combined with parsley, garlic, lettuce, and a poached egg. Hard toasted rye bread.

No. 3

Grated carrots, water cress, parsley, lettuce, shredded wheat biscuits with peanut butter.

A dressing may be used of a raw egg, beaten in three teaspoonfuls olive oil into an emulsion and thickened into a curd with a teaspoonful of lemon juice.

No. 4

Turnips once a week prepared as the carrots.

No. 5

Celery, lettuce, parsley, beet tops, olives, walnuts, buttered stale rye bread. Plain olive oil dressing.

No. 6

Dandelion, mustard green, alfalfa, lettuce, cornmeal mush, poached egg. Dressing -- pure olive oil.

No. 7

Cabbage slaw, soaked in salt water for ten minutes; drained and dressed with a generous amount of olive oil and a spray of vinegar. Combined with lettuce, parsley and a slice of crisp bacon. A

slice of well tpasted rye bread.

No. 8

Cottage cheese, grape nuts, chopped young onions, red bell pepper, parsley and a couple of cloves of garlic. Olive oil and pecan nuts. The grape nuts may be replaced by well-baked Irish potatoes.

=====

REMARKS:--

The safest and best dressing for vegetables is plain but pure olive oil. No admixtures of vinegar or lemon juice except where such mixtures are specifically ordered, as in the case of cabbage slaw -- the only vegetable which can absorb and neutralize vinegar.

The secretion of hydrochloric acid, essential for digestion, refuses to flow when acids are present in the food. Only in cases where the pepsin secretion is in excess, as in hyper-peptics, lemon or other acids may be advisable.

Tomatoes should never be used in combination with any starchy vegetable like tubers and pulses. Its acidity is incompatible to any form with the exception of raw, leafy vegetables and fat meats. Rice-tomato-cream soups and rice-tomato stews are fatal to every Anglo-saxon stomach. Tomatoes in any form are safe only for over-fed people, with an excess of fat in their systems and are vital enough to stand the shock of depolarization.

As to table drinks, a glass of cool pure water may be indulged in at the beginning or middle of the meal. Never at the end, when

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the gastric chemistry is set and in full operation for the digestion of the meal. Any drink added at that time confuses the rhythm and chemistry of the process.

If tea or coffee can be tolerated by the stomach, kidney or heart they should be enjoyed without cream or sugar. Chocolate and cocoa are more harmful to the liver and stomach than the other two mentioned; and milk, if taken at all, should never be combined with any other kind of food than some hard dextrinated form of cereal or bread.

Buttermilk, fruit juice, orangeade, fermented or unfermented wine should never be allowed as part of any meal.

SUPPER : (COOKED)No. 1

Turnips, string beans, spinach, cornmeal mush, sweet butter, chipped beef.

No. 2

Spinach, cauliflower, baked potato, boiled egg, parsley.

No. 3

Whole wheat bread, well toasted. Dipped in boiling water. Then place in a saucer and spread with sweet butter. Finally covered with two tablespoonsful Merek's "Sugar of Milk." Asparagus,

Strained sweet garden peas -- not canned.

No. 4

Artichokes, half dressed rice, horse radish (no vinegar),
fish (no shellfish), eel or salmon).

No. 5

Stewed squash, onions, parsley, Salisbury steak.

No. 6

Mulsify (oyster plant), spinach, parsley, steamed potato,
lamb roast.

No. 7

Vegetable stew: carrots, onions, peas, parsley, shank of
lamb -- all cooked together.

No. 8

Rice, fish, spinach. Gravy from the fish juice.

REMARKS:--

Ordinary soups should be avoided. Gravies and dressings not
allowed except as above directed. No bread or toast at the cooked
meals dinners if not especially directed on the menu. The only form
of pastry allowed is that contained in Number 3 of the menus.

No ice cream, fruit preserves or jellies at any time or under
any circumstance. No Mayonaisse or other forms of dressing, except
as ordered in this bill of fare. Olive oil and sprinkling of salt

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is the most nutritious of all dressings.

STANDARD FOODS

SAFE TO ALL IF PROPERLY COMBINED

Neutral vegetables -- cooked or raw -- such as spinach, carrots, turnips, garlic, Indian squash, okra, lettuce, parsley, pumpkins, onions, cauliflower, cabbage, Irish potatoes; egg, rice, corn, artichoke, string beans (not canned).

All peas or beans when green and in the pod, water cress, mustard greens -- all leafy vegetables.

Lean meats, fish, chicken, rabbits and fowl in general.

All cereals if whole, ground into a fine, non-irritable powder, and well cooked -- either baked, steamed or boiled.

No frying should ever be resorted to.

FOODS TO BE USED WITH DISCRETION AND GUIDANCE

Dried beans or peas, sweet potatoes, tomatoes, ~~lentils~~ lentils, sauer kraut, buttermilk, cottage cheese, sweet milk or sour milk, eggs, fat meats, salmon, eel, bacon, tomatoes, raisins, dates, dry figs, walnuts honey.

In a word, any pickled, dried, preserved, extracted or concentrated product.

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DANGER FOODS

Ice cream, malted milk, preparations of cocoa and chocolates, alcoholic preparations, any preparation of bran as separated from the grain itself, any form of bottled beverages, any form of pastry, pies and puddings, any dish containing melted fats, white flour, cream, sugar or fruit concoctions, all kinds of preserves, every foodstuff that kitchen chemistry has changed from a healthy natural product of vegetative evolution into a haphazard output of unscientific digestion-and-nutrition-defying head-food compositions.

AVOID THE SWEET,

AVOID THE SOUR--

THE GREASY MEAT,

THE PASTRY FLOUR.

COMBINATIONS TO BE AVOIDED

Fried on boiled meats.

Fruit with meat, cereals, cooked vegetables

Milk, cream or any other fruit

Mixture of raw and cooked ~~meat~~ fruit.

Potatoes, beans, peas, cereal, mushes, winter squash at the same meal.

Milk with any meat, fruit, vegetable --cooked or raw.

Nuts, meats, eggs, beans, peas, fish or any animal products.

Bran preparations should be avoided because of their irritating

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effect upon the intestinal tissues. While it may cause the bowel to act, the movement is a mere reflex action, like that of a horse made to ~~work~~ labor under the abnormal strain of a lashing whip.

The action is not due to an increase of nerve-power, but to the abnormal release and subsequent loss of nerve-power, which sooner or later leads to a weakening and paralysis of peristaltic nerves.

Frequently this condition leads to intestinal stases and the formation in the intestinal tube of hard immovable masses of bran -- "caecae" -- which may have to be removed by surgery.

MENTAL PRECAUTIONS

Excitement, worry, hurry, temper, unfriendliness, critical attitude, dependency, moroseness, heated arguments at meal, affect the digestive process as positive poisons.

No unkind word should ever be spoken at meals. The gastric secretions are as sensitive to conditions of the mind as the sensitive plate of the camera is to light.

Joy exhilarates digestion; gloom depresses or vitiates it.

Eating is a business in itself and should be separated from all other mental or physical engagements. To sit down at the table with the end in ~~xxxxxx~~ vision of gaining increased health, renewed health and greater usefulness in the service of humanity insures the fullest returns of strength and joy to the eater.

